

**BENICIO A NO-SHOW** AS KIMBERLY STEWART GIVES BIRTH TO A GIRL

{page 14}

# LUNCH RUSH SAVOURY AND SWEET PASTRIES A TREAT AT ECLAIR DE LUNE (page 16)



### NO SIGN OF GADHAFI AMID REBEL ADVANCE

{page 8}

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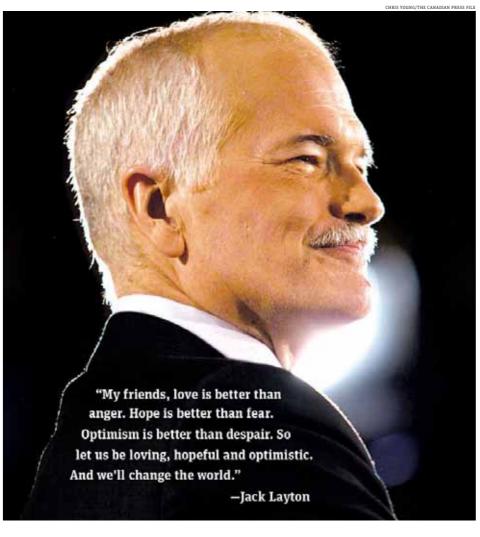
Tuesday, August 23, 2011 www.metronews.ca



News worth sharing.



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# Farewell, Jack

Opposition leader was diagnosed with undisclosed cancer earlier this summer

Supporters of the New Democratic Party are remembering Jack Layton as a "real inspiration" after their leader succumbed to cancer early yesterday morning.

Calgarian Ruth Westenberger has been volunteering with the party for over 10 years and said she nearly broke down when she heard of Layton's passing, crediting his leadership as a major reason for her support of the NDP.

"I loved the guy, just like all the rest of our crew did, too," she said. "He was a real inspiration."

Longtime friend and leader of the provincial NDP, Brian Mason, said Layton proved the critics wrong in the most recent federal election, with the NDP becoming the official Opposition.

"I think the tragedy is that this man could have and very likely would have become the prime minister if this illness had not taken him away from us," said Mason in Edmonton yesterday.

Edmonton-Strathcona's Linda

### Loss for 'all of Canada'

- Political scientist Keith Brownsey said Jack Layton's death could inspire others to run for the NDP.
- He said Layton played a crucial role in the NDP gaining more seats to become the official Opposition during the spring election.
- "It's a loss, not only for the NDP but for all of Canada. I was very interested to see how he would handle Stephen Harper in the fall."

Duncan, the only NDP member of Parliament in Alberta, said she was hopeful Layton would pull through.

"He was a remarkable human being," she said. "Lucky are the ones who had a chance to meet Jack in person." • KATIE TURNER

WITH FILES FROM HEATHER MCINTYRE

More coverage {page 6}



For more reaction, visit metronews.ca/calgary



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### Psych exam for man who allegedly slashed baby

A Calgary man charged with attempted murder for allegedly slashing his 11-month-old son with a kitchen knife will undergo a psychiatric examination.

The 32-year-old man, who cannot be named to protect the identity of the child, was charged after police responded to a 911 call at a home in southeast Calgary on Aug. 13.

Officers found an "angry and agitated" man and a baby inside the home. The child had been slashed several times on the neck and the abdomen with a kitchen knife.

The baby is now expected to make a full recovery. **THE CANADIAN PRESS** 

# Province delivers on police college

Ground for a longpromised police training college in southern Alberta has finally been broken.

Infrastructure Minister Ray Danyluk and Solicitor General Frank Oberle were on hand as 300 people in Fort Macleod watched the sod-turning.

The Alberta government first promised the training facility five years ago, but construction kept getting delayed. The government said the economic recession made it impossible to go ahead.

Last February, Premier Ed Stelmach announced it would go ahead.

THE CANADIAN PRESS



# Residents angered over perceived mould

▶ Mainstreet Equity Corp. spokesperson says the building roof was replaced earlier this year ▶ Tenants say water leaks have come through the roof, light sockets and smoke detectors



Concerns over what residents are calling mould in a northwest apartment have caused one tenant to move out and another to seek medical attention

Atasha Hines, a resident of Glenbow Manor, said months of water leaks have now led to mould problems in her apartment unit.

"We found mould on Friday when we came home," said Hines, adding her boyfriend Brent Davis had to go to the hospital after an asthma attack.

"All we want is to break our lease and move out and get our damage deposit out."

Four-year building resident Peggie Crooks said there have been some improvements made in her apartment but added if the mould isn't addressed, it could impact her health.

"It will be (a concern) if it's not sorted out because I'm allergic to mould," she

Michael Birklein, spokesperson for Mainstreet Equity Corp., said internal inspectors have attended the building and determined it's not black

"It is (a concern) but we know there's not black mould and that's what would be dangerous. What we have there is mildew," he said.

"What people have to understand is all apartment buildings in Calgary are 30-plus years old. ... They're all going to have issues come up — structural, plumbing, electrical, all that type of thing."

### Complaints

- One resident, who wished to remain unnamed, said last month he fell through his third-storey rotting deck but managed to grab onto the railing
- Multiple tenants said they are paying \$1,050 per month in rent.
- Michael Birklein said Mainstreet Equity Corp. has a system in place for dealing with complaints.







Friends and colleagues remember NDP leader Jack Layton. Video at metronews.ca



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# Mom takes action on homophobia

◆ Advertisements to appear on Calgary Transit buses, trains and digital billboards ◆ Messages include 'Respect Diversity' and 'Support Transgender Rights'



Witnessing the struggles her gay daughter went through first-hand, a Calgary mother has launched a campaign aimed at stemming homophobic hate among some youth.

Gail, who asked to withhold her last name to protect her daughter's identity, says her 15-yearold has been subjected to homophobic remarks.

She also says she knows two gay friends who were assaulted aboard a C-Train.

"Calgary isn't always known to be the most accepting city," she said.

"But there is this section of beautiful people that are coming up. ... We have to honour that part of our society, I think."

To do just that, Gail went to work on the ad campaign in May.

Next month, her efforts will pay off as messages will be posted to the interior of Calgary Transit buses and C-Trains.

They will also appear on three digital billboards located near major thoroughfares.

Support group Calgary Outlink has joined in to help organize the campaign.

paign.
"The slogans were voted on by the youth," spokesperson Trent Warner said.

"We thought a message from youth to youth was the best way to handle it."

Gail encourages others to lend their support and offer their own messages of tolerance.

"I don't want us to all be the same," she said.

### Spread the word

- The anti-homophobia campaign has raised \$4,000 so far to put toward the transit and digital advertisements.
- Along with Calgary
  Outlink, other support resources for gay youth in
  Calgary include the
  Miscellaneous Youth
  Network, which holds a
  group meeting on
  Wednesdays, and the
  Calgary chapter of Parents
  and Friends of Lesbians
  and Gays.

"It would be too dull of a world."

For more information, email info@calgaryout-link.ca.



Digital Public Service Announcement

STOP

Above are two of four slogans that will appear on Calgary trains, buses and digital billboards next month to promote tolerance for Calgary's gay community.



# Crystal Ann Marie Sowan

### Suspect sought for alleged ID thefts

Calgary police are seeking assistance in locating a woman accused of stealing identity documents from locker-rooms throughout Alberta.

Crystal Ann Marie Sowan, 29, is wanted on multiple warrants. She is alleged to have targeted venues in the Calgary area.

She was known to travel with a male companion, Kerry Troy Gladue, who was arrested in Edmonton last week and

charged with related offences.

METRO

## Pot on stove causes fire

Three people, including a baby, experienced minor smoke inhalation after a fire broke out in a southwest apartment yesterday.

Around 8 a.m., the Calgary Fire Department says an unattended pot on the stove caught on fire and spread to the cabinets before the blaze was doused.

The CFD reminds Calgarians that kitchen fires are the number 1 cause of home fires.

METRO

# Arson cause of blaze: RCMP

The fire that destroyed four homes and severely damaged two others in Leduc was deliberately set, according to RCMP.

No specific cause or motive has been determined, police said, but the estimated cost of the damage is between \$1.6 and \$2 million.

METR

# Man crushed in vehicle repair mishap

An individual inspecting the brakes on a flatbed truck was crushed and killed on Stoney Trail yesterday afternoon.

Details remained scarce about what led to the tragic incident, which occurred shortly before 4 p.m.

Calgary fire spokesperson Brian McAsey said it is believed the driver of the truck did not realize someone was underneath the vehicle and allowed it to roll forward.

Emergency responders arrived on scene to find the individual without a heartbeat. Police traffic investigators were still looking into the incident last night. © METRO

**60** 

The deceased individual in the trucking repair mishap was believed to be in his 60s, according to reports. Police were notifying next of kin yesterday afternoon.

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Marlborough Mall

Sunridge Mall

2520 23rd St. NE

2000 McKnight Blvd. NE

323-2555 32nd St. NE

1353 32nd Ave. NE

### Southwest

Bankers Hall

Bow Valley Square

Chinook Centre Southcentre Mall

TD Square

Westbrook Mall

WestHills Towne Centre

6039 Centre St. S

835 17th Ave. SW

16061 MacLend Trail S 6100 MacLeod Trail S

4623 Bow Trail SW

321 6th Ave. SW

2008 33rd Ave. SW

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4949 Barlow Trail SE

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331 3rd Ave.

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# FALLING UNDER LAYTON'S CHARM

PAUL SULLIVAN METRO



had lunch with Jack Layton once. l wrote a

column about the West and the man from Toronto needed votes in the West, so we found ourselves at my favourite Szechwan restaurant in Vancouver.

The first surprise is that he ordered in Cantonese learned from his wife, Olivia Chow. It surprised

me, but the waiter was dumbfounded after so many years of being yelled at by unilingual patrons intent on ordering the fried green beans Szechwan style.

So I was impressed from the get-go.

Then we started talking about his roots in Hudson, Que., and it turned out we knew a bunch of the same people from Hudson. So after five minutes, he was my BFF.

I'm still not sure how it happened; it sure didn't take him long to get past the Dobermans. I was an easy victim of that legendary Layton charm.

But it wasn't until he started answering questions that I began to understand why more people ended up trusting Jack Layton than the rest of his party, not to mention Michael Ignatieff and the Liberals.

Ignatieff once insulted Jack by calling him a politician, but if all politicians were like Jack Layton, we'd live in a happier nation. Unlike most politicians — unlike Michael Ignatieff — Jack actually enjoyed mixing it up over fried beans and orangepeel chicken.

The interview turned into a kind of argument about energy. I asked him what he would say to oil company CEOs about the oilsands, and while he didn't reject the oilsands out of hand, he came back at me with all kinds of questions about their sustainability and about depending on an inefficient and limited source of energy when there were so many alternatives to be developed. He stuck to his guns even though it would have been better politics to stick to the usual array of meaningless messages.

Talk about energy. Jack

could light a city the size of Winnipeg with the passion and enthusiasm he brought to his arguments. But he brought something else — he was comfortable with his own answers. It was as if he actually believed what he was saying.

An excerpt of a letter from Jack Layton to Canadians, dated Aug. 20, 2011.

... To young Canadians: All my life I have

worked to make things

better. ... As my time in political life draws to a

close. I want to share

with you my belief in

your power to change

this country and this

world. There are great

challenges before you,

nature of climate

change to the

from the overwhelming

unfairness of an econo-

my that excludes so

tive wealth, and the

changes necessary to

build a more inclusive

and generous Canada. I

believe in you. Your energy, your vision, your

passion for justice are

try needs today. You

litical life, and our

and the future.

plans for the present

And finally, to all

Canadians: Čanada is a

great country, one of the hopes of the world.

We can be a better one
— a country of greater

equality, justice, and

opportunity. ... My col-

leagues in our party are

an impressive, commit-

ted team. Give them a

careful hearing; consid-

er the alternatives; and consider that we can be

equal country by working together. Don't let

them tell you it can't be

My friends, love is

better than anger. Hope

is better than fear. Opti-

mism is better than de-

loving, hopeful and op-

All my very best,

spair. So let us be

timistic. And we'll

change the world.

Jack Layton

done

a better, fairer, more

exactly what this coun-

need to be at the heart

of our economy, our po-

many from our collec-

We stayed and argued long past the hour allotted for lunch. His assistant's BlackBerry buzzed ominously but Jack kept go-

But now he's gone for good. Though not before making several million friends, including one cynical columnist, at lunch.

We'll miss him.

"I know one thina: Jack gave

his fight against cancer everything he had. Indeed. Jack never backed down from any fiaht."

PRIME MINISTER STEPHEN HARPER

- @fortunafilius "#jacklayton was a giant of a man & a what an inspiring man he was! Thank you for everything! #loveisbetterthananger"
- **@natniles** "Canadian men should sport the 'Layton' for Movember this year in honor of lack?
- @bdgordonatlarge "Just read the letter by #jacklayton. A truly happy warrior. Men: let your doctor get to know you better.'
- @elizaboothy "Still reeling over #jacklayton. I can't imagine being this heartbroken over the passing of any other Cnd. political figure."



NVCOLE TILDMET

remember the Tommy

Douglas quote Jack included in every email he sent: 'Courage my friends, 'tis never too late to build a better world." INTERIM NDP LEADER

Jack Layton, 1950-2011

Looking back at the life and times of late NDP leader Jack Layton.

July 18, 1950

Born in Montreal and grew up in Hudson, Que. He took his BA at Montreal's McGill University in the late 1960s, when radicalism blew through campuses like a stiff gale. The rebellious viaour of the times led him to political activism.

1982 :---- First elected to Toronto city council. Layton, seen here in 1985, served on Toronto and Metropolitan Toronto



councils for 20 vears. He was a politician in the mould of a people's tribune,

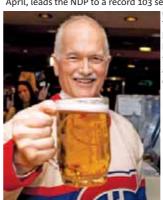
Feb. 10, 2010

1988

with rolled-up sleeves, 14-hour days and sevenday weeks.

May 2, 2011

Layton, seen here on the campaign trail in Montreal in April, leads the NDP to a record 103 seats and official



Opposition status. Two months later, he would take a leave of absence to deal with another type of cancer.

2011

Tells public he was diagnosed with prostate cancer. **4.....** 

2006

2003

Marries high-

1950

school sweetheart Sally Halford. The marriage, which produced two children, ended in 1983.

1969

THE CANADIAN PRESS THE CANADIAN PRESS/ TORSTAR NEWS SERVICE July 9, 1988 Marries Olivia Chow,

and won.

seen here together in 1991. They would become the go-to couple of the left in Toronto politics. They rode a tandem bicycle along the waterfront, entertained. led rallies, marched in parades, ran for office

Elected leader of the federal NDP, winning on the first ballot. After which, Layton, seen here at a Toronto Father's Day charity event in 2004, criss-crossed the country to raise the party profile. The trademark grin, the brush moustache, the earnest optimism, the characteristic head tilt were the tools of his

Sept. 10, 2006

Layton, seen on Day

receives 92 per cent

3 of the 2006 NDP

convention in

approval rating.

Quebec City.

Aug. 22, 2011 Layton's death from cancer at the age of 61 spurs an outpouring of grief across the country

READ THE LETTER IN ITS ENTIRETY ONLINE AT METRONEWS.CA

2003

jacklayton.

Parliament Hill.

...... For more coverage, go online to metronews.ca/

► Video: Layton's appearances on The Rick Mercer Report and an interview with Nardwuar. ▶ Photos: Mourners pay tribute to Layton on

### Determination helps foreign-trained dentist restart his career in the Prairies

born Dr. Hooman Mohandesan has strayed from his disciplined path: the newly graduated dentist from the University of Manitoba set out on a rambling road trip from Winnipeg to Montreal to show his visiting mother a bit of his adopted country.

"I have a few weeks' vacation to visit old friends," chuckles Dr. Mohandesan, during a pit stop on a tour that caps a long journey as a foreign-trained dentist in Canada.

Reflecting on the eligibility exams, interviews and the two-year Canadian dental program at University of Manitoba, he notes that, "It's honestly very hard, but when you're done, you feel the joy and pride of this difficult task."

For that reason, Dr. Mohandesan followed a careful regime during those years - focusing on his studies with short work-outs at the gym. "Since there was no guarantee that I would be accepted to the program on my first try, I concentrated on the exams and making contacts to learn the process and prepare myself," he recalls.

While excited to rebuild his career in welcoming, multicultural Canada, the dedicated student struggled to preserve his savings, since he didn't know when he might begin his practice. "It took some time to get used to my new economic status as a student, with all the daily expenses, but no income,"

Fortunately, during an orientation event at University of Manitoba, Dr. Mohandesan met Scott Bollman, Manager of Small Business at Scotiabank's 200 Portage and Main Branch. "I liked the interaction with Scott at our meeting," says Dr. Mohandesan. "Since as a newcomer I was not very familiar with the Canadian financial system, I had a lot of questions, and Scott was very patient throughout our discussion about student loans and banking options."

Scott explained the Scotia Professional® Student Plan, tailored for students like Dr. Mohandesan who were completing a professional degree, offered tips on affordable Winnipeg neighbourhoods and demonstrated how a Scotiabank line of credit would accommodate his needs.

"He's more like a friend, since I'm really dealing with a human being, not just an institution," says Dr. Mohandesan to describe the responsive Scotiabanker who has also approved him for a VISA card and foreign currency accounts, and provided advice on saving for his future.



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It is likely the first time in three years that Iranian- "That's how we serve our customers, particularly new Canadians who face many challenges to establish themselves at the beginning," observes Scott. He adds that he offers programs such as the **Scotiabank** StartRight® Program¹ for Newcomers, which includes a free day-to-day bank account for one year2, a wide range of VISA\* card options3 and a number of other customized services and benefits.

> Although Dr. Mohandesan is enjoying his leisurely family holiday, he's focused on his next steps - a fellowship at University of Manitoba and work at a private dental practice in Winnipeg. His advice to other newcomers: "Concentrate on your goals, learn the process and build good relationships with people who know what to do to get your career or finances in order."

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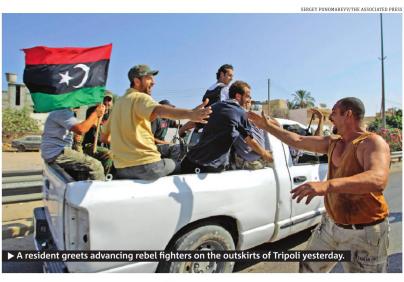


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Intest commences at 12:01 am. (Ef) on April 1, 2011 and ends at 11:59 p.m. (ET) on March 31, 2012 (the "Contest Period"). No purchase is necessary. To enter this Contest, is must register online at startright. scotiabank.com/srontest. There will be one (1) Grand Prize awarded consisting of a ten thousand dollar (CAD 10,000) cheque payable to enter and deposited into the winner's Scotia Powercheguing account. The Grand Prize winner will be randomly selected on April 2, 2012. Enter will be three (3) Secondary warded, each consisting of a three thousand dollar (CAD 3,000) cheque payable to each winner and deposited into each winner's Scotia Powercheguing account. One (1) are prize winner will be randomly selected on hear of the following dates – August 2, 2011; Deteember 1, 2011, 2012. Entrains in each draw period that have not applied to the start of the contest Period. Employees of the Bank of Nova Scotia, Marketing, Capital C, Rapp (and persons domiciled with them and immediate relatives) are not eligible to enter. Only one entry per person is permitted. Correctly ing a skill-testing question is required to be officially declared a winner. For full Contest details, go to startright.scotiabank.com/srcontest.



# **Gadhafi** missing as rebels take control in Tripoli

Rebels continue to fight in pockets of the city • Warn danger is still present while Gadhafi on the lam

Libyan leader Moammar Gadhafi was nowhere to be found yesterday as his 42-year rule teetered on the brink of collapse.

Months of NATO airstrikes have left his Bab al-Aziziya compound in Tripoli largely demolished. Most of his security forces fled or surrendered when rebel forces rolled into the capital Sunday night and took control of most of the city. And three of his sons are under arrest.

A mood of joy mixed with trepidation settled over the capital, with the rebels still fighting pockets of fierce resistance from regime loyalists firing mortars and antiaircraft guns. Rebel spokesman Mohammed Abdel-Rahman, who was in Tripoli, said the "danger is still there" as long as Gadhafi remains on the

"The real moment of victory is when Gadhafi is captured," Mustafa Abdel-Jalil, head of the rebel National Transitional Council, told a news conference in the opposition's de facto capital of Benghazi, hundreds of miles east of Tripoli. He said the rebels have no idea where Gadhafi is and whether he is even in Tripoli, An Obama administration official said the U.S. had no indication that Gadhafi had left Libya. THE ASSOCIATED PRESS

TORNADO

### Goderich reeling from storm

Residents of Goderich, Ont., returned yesterday morning to homes demolished by the most powerful tornado to hit

Ontario in years.
At least 37 people
were injured and a 61year-old worker at a salt mine was killed as winds of 300 kilometres per hour raged through the beach and port town of

8,000, ripping the roofs off historic buildings, turning trees into match sticks and tossing cars around like toys.

After examining the damage, investigators determined the storm was an F3-level tornado, Environment Canada's Randy Mawson said.

"This is the worst damage I've ever seen," said Mawson, who has been investigating storms for 36 years. Winds of roughly 280 km/h carved a path about 500 metres wide through the town's centre, he added. THE CANADIAN PRESS

## IRA fringe blamed for bomb scare

Police say British army experts have defused a small bomb that two masked men abandoned in a bank in the Northern Ireland border town of Newry.

Yesterday's alert forced police to evacuate a street of businesses for several hours. No group claimed responsibility. Police and politicians blamed Irish Republican Army dissidents. THE ASSOCIATED PRESS



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Southcentre Mall

TD Square

Westhrook Mall

Westhills Towne Centre

6039 Centre St. S

835 17th Ave. SW

16061 MacLeod Trail S

264 - 6100 MacLeod Trail S

1 - 4623 Bow Trail SW

203 - 321 6th Ave SW

5 - 2008 33rd Ave. SW

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# TAKE ALL NEW **ENDEAVOURS IN STRIDE**

### SHE SAYS ...

IESSICA NAPIER METRO

I always hated runners. As someone who only ever ran to catch the bus I thought of them as pretentious showoffs, herds of Lycra-clad gazelle sprinting through my neighbourhood and hogging the

sidewalk.



Strangely, the more they annoyed me the more I wanted to be a part of it and so, at the beginning of the summer, I decided that maybe I should try. Of course, I couldn't muster up the motivation to

get out there by myself.

I decided that if I was going to do this, a Learn to Run training clinic was probably the best place to

On the first day the instructor shared the secret to running: You only ever have to run for 10 minutes, and then you walk for one minute.

By maintaining a manageable 10-and-one pace, you

"By maintaining a manageable 10-and-one pace, you allow your body to recuperate and are able to control that little voice inside your head telling you 'This is too hard."

allow your body to recuperate and are able to control that little voice inside your head telling you "This is too hard." I discovered that I could run forever if I only have to think about running another 60 seconds.

The first few weeks were torturous. My calves, shins, quads and other muscles that had been dormant for years were awoken in an excruciating manner.

Not only was I in constant physical pain, but I also felt self-

conscious knowing that I didn't have any of the gear or gadgets to fit in with my new running club. Did I really need a GPS-enabled watch to calculate calorie expenditure and a four-bottle rehydrating fuel belt clipped around my waist?

But as the weeks progressed something unexpected happened — I started to enjoy myself. I felt better, ran faster and for longer, and I realized that if I stretched enough afterwards I could save my muscles from some of the burning pain I was inflicting upon them.

As I ran farther I started exploring new parts of the city. I came across hidden trails and waterfront paths populated with like-minded individuals, a dry-fit army bounding along with matching earbuds.

Sometimes, when I'm not too exhausted to use my facial muscles, I'll give these fellow pavement pounders a smile of recognition. I don't need to hate them any more; I'm one of them now - minus the \$300 shoes and pace-monitoring shoelace clip with iPod synchronization.

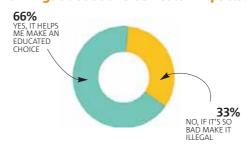
Becoming a runner has made me smug — not because I think that I am better than anyone else, but because I am becoming an improved version of myself. I've been reborn to run.

••••• Read more of Jessica Napier's columns at metronews.ca/shesays



Register at metropolitanpanel.ca and take the quick poll

Should government label legal products such as tobacco and alcohol with warnings about adverse health impacts?



### **Local tweets**



► @YYCgal: I get that it's 30 dearees outside in #vvc

MINUS 20 degrees in the office??? Dang you A/C #burr **@LDH74:** There's still hope for procuring an HP Touchpad #yyc. I refuse to divulge my source. I'm greedy that

but does it have to feel like

**@donparacelus:** Everybody in sw #yyc rosscarrock area if u find a white chihuahua I lost my dogg plz help me!!!! **@joemcfarland:** Dear semidrivers on Deerfoot in #yyc, If all I see in rearview is grill, you're following too close. I

- will tap my brakes and maybe more.
- @iamwil: René Bourque just drove by looking crankier than I do. #vvc
- @CometoMamma: Please make the #yyc sun last for more garden bbq's and beach visited before school
- **@grindle\_m:** You know its been too long when you forget your password to sign into your coanel to update your website. #graphicdesign #yyc
- @HouseGuyScott: #Jack Layton was a great Canadian. All politics aside, you can't help but admire his character and charisma. #yyc

Cartoon by Michael de Adder



May God bless peace upon Jack Layton's soul for eternal infinite time. Jack Layton fought for a poverty-less society through his whole life we should carry his spirit and work for his aspiration!

ABDULLAH-BAQUIE GHAZI, TORONTO

Jack Layton demonstrated his political skill in taking advantage of the opportunity provided by the Liberals and Bloc.

He developed his party into a mass movement and used a combination of his popular support and behind-the-scenes intrigue to propel himself into the official Opposition. Furthermore, he raised the profile of national socialism, showed how a country could behave, and created a virtual certainty that he would be misjudged by opponents. His shoes will not be easily filled. WILLIAM PERRY,

I campaigned against this man, we didn't see eye to eye on many issues, yet our hearts connected by our will to serve. His spirit will carry on in service of all who stand for social iustice.

KEVIN CLARKE, THE PEOPLES POLITICAL PARTY WEIRD NEWS

### Suspected smugglers keep pot above water

Three suspected Mexican drug smugglers have found out the hard way that unlike their boat, marijuana

Mexican marines say they rescued three suspected smugglers whose boat was sinking on the Pacific Ocean and then arrested them after finding bales of marijuana floating around the vessel.

The navy said in a statement yesterday the men had been stranded off the port of Ensenada for more than a day before they

radioed for help on Saturday. Authorities suspect the men threw the bales into the water before calling for help. The navy said that when marines reached them, the men were removing water from the sinking boat,

which had suffered an engine malfunction. More than 120 kilograms of

marijuana were floating near the vessel. THE ASSOCIATED PRESS



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# Home ownership pricier — again

The bad news: Housing prices still on the rise The good news: Lower interest rates may play in your favour

Home ownership in Canada became more expensive for the second straight quarter, but recent global market and economic turmoil could actually help keep a lid on expenses by keeping interest rates low, RBC Economics reported yesterday.

During the second quarter of 2011, the proportion of pre-tax income required to service the costs of owning a home increased for all types of houses measured in RBC's housing affordability index. But that trend may turn around going forward, said Craig Wright, RBC's senior vice-president and chief economist.

'Renewed turmoil in global financial markets has caused heightened un-

### Market moment Natural gas Gold (+\$39.70)- 0.15¢ + 1.86¢ US (101¢ US) (12,068.36) (\$84.21 US)

certainty with respect to the pace of global growth and we need to factor this into our outlook for the Canadian housing market," he said "However, this volatility might have a silver lining: Housing affordability in Canada may not deteriorate as quickly or by as much as we previously expected." THE CANADIAN PRESS

### **Priciest market**

The quarterly report said detached bungalows in Vancouver were especially expensive, with the cost of mortgages payments, utilities and property taxes equivalent to 92.5 per cent of a typical household's monthly income.

### Suncor not ready for Libya return

Suncor Energy Inc., which removed its employees from Libya when conflict broke out in February, said they wouldn't return as long as Moammar Gadhafi remained in charge.

"We are continuing to monitor how that situation unfolds," said Suncor spokeswoman Kelli Stevens as Gadhafi's regime seemed close to crumbling yesterday.

"The most important piece for us, right now, is that this latest set of developments might mean peace is nearer for the Libyan people.' THE CANADIAN PRESS

Suncor took a \$514million writedown on its Libyan assets during the second quarter. Those operations make up a tiny fraction of the company's overall earnings and production.



# Mixed oil prices

Oil prices were mixed yesterday as a rebellion in oil-rich Libya appeared close to ending. Once Libyan oil starts flowing again, it should bring the price of gasoline down further.



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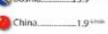


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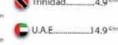




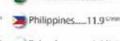


Colombia.....\*\*\*\* 3.9 Circle

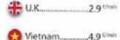








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Richard Branson says quests including actress Kate Winslet escaped uninjured when fire tore though his luxury Caribbean home in the middle of the night. The British about 20 people were staying in the house on Necker, Branson's private isle in the British Virgin Islands. Branson said he was staying in another property around 100 metres away, with his wife, Joan, and son, Sam. Sam managed to help evacuate Winslet and other auests from the house. He said the house was 'completely destroyed" and the fire was not entirely out on Monday.. THE ASSOCIATED PRESS



# The Untouchables

The openings of Conan the Barbarian and Fright Night have remakes on the mind of moviegoers Here, a look at five classic films that Hollywood should have left alone



### Psycho (1998)

Pretty much no one should go near Alfred Hitchcock, ever. But if you're daring enough to try, you should avoid doing a shot-by-shot remake of what is probably the master's bestknown film. Still, you've got to admire Gus Van Sant's chutzpah. He shot it in colour - that's different — and added a few slight tweaks. Vince Vaughn plays the iconic Anthony Perkins role of Norman Bates and Anne Heche fills in for Janet Leigh as Marion Crane. But other than that, it's the same characters. same dialogue, same camera angles, even the same Bernard Hermann score from 1960. It's an intriguing exercise but, ultimately, a noble failure.



### City of Angels (1998)

Wim Wenders' Wings of Desire (1987) is a modern classic, and it featured one of the greatest performances by the late Peter Falk. Melancholy, thoughtful and visually arresting, it followed unseen angels who watched over Berlin, observing people's actions, listening to their thoughts, quietly shaping their lives. City of Angels, by comparison, was too obvious - it spelled everything out and its emotions were too tidy. Brad Silberling turned this subtle story into a simple romantic comedy starring Nicolas Cage (as an angel) and Meg Ryan (as a heart surgeon), two actors who make absolutely no sense together.



### The Women (2008)

George Cukor's 1939 cat fight, based on the play by Clare Boothe Luce, was intended as a satire of society mavens and their frivolous lives. In directing for the first time and writing the script, Murphy Brown creator Diane English made it a celebration. Sure, it had an all-female cast of solid actresses (Meg Ryan, Annette Bening, Cloris Leachman), as did the original, though perhaps not quite the stellar collection that included Norma Shearer, Ioan Crawford and Rosalind Russell, Cukor's tone and timing were missing; English applied all the lighthearted instincts of her sitcom background and seemingly none of the insights of the source



### The Invasion (2007)

There've been many versions of the sci-fi classic Invasion of the Body Snatchers, but this one had the least bite. Nicole Kidman, Daniel Craig and Jeffrey Wright went to waste as a few of the last citizens who managed to remain uninfected when a gloopy substance from outer space took over the population, turning people into emotionless drones. The whole point of this story has always been to serve as a reflection of its times, This time, there were passing TV news references to the war in Iraq and North Korean leader Kim Jong Il, but the film's political ideology felt tossed-in and half-baked. Worst of all, it wasn't the slightest bit scary or suspenseful.



### The Karate Kid (2010)

This is admittedly a personal, nostalgic choice. But for anyone who grew up in the '80s, The Karate Kid inspires a deep fondness. Harold Zwart's version maintained the basic structure and even some key details, like the sweep-the-leg moment in the finale. It moved the setting from Los Angeles to Beijing, that's no big deal. The main problem was the casting of Jaden Smith, who was several years younger than Ralph Macchio was and looks even vounger. And so neither the fighting nor the romance with a girl who's out of his league — two key components of The Karate Kid — made sense. THE ASSOCIATED PRESS

### **DVD Releases**

### 

### Borrow it

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### POM Wonderful Presents: The Greatest Movie Ever Sold

Genre: Documentary Director: Morgan Spurlock Stars: Peter Berg, Paul Brennan

**\*\*\*** 

No corporations were harmed in the making of Morgan Spurlock's latest documentary provocation, although a few may have been a trifle embarrassed.

Many were plainly delighted, especially POM Wonderful, the juice company that paid \$1 million to have its name in the film's title.

For the boss-baiting Spurlock to suddenly polka with pooh-bahs may seem strange. Has the Super Size Me guy lost the will to annoy capitalists? The answer is maybe, but the good news is that it hardly matters, if you accept the film as entertainment rather than crusading journalism.

Spurlock is simultaneously selling out and point-

ing out, by putting his integrity on sale for what he believes is the greater good. He wants cultural consumers to know that their eyeballs are for sale.

After convincing us of advertising's ubiquity with an opening montage, he sets out to get some for himself. Few could pull off this fan dance as well as Spurlock, who manages to be both the laughing and crying clowns at the same time.

PETER HOWELL



The Beaver
Genre: Drama
Director: Jodie Foster
Stars: Mel Gibson, Jodie Foster, Anton Yelchin

It's impossible to view Mel

Gibson's utterly natural performance here without thinking of the beast within this once-beloved actor.

But Gibson's real-life antics shouldn't distract us from the film's sober intent. Director Jodie Foster and screenwriter Kyle Killen use blunt symbols to illustrate this darkly comic story of Walter Black, a man fighting clinical depression in his own unique way: by letting a rodent hand puppet speak for him.



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### **Quick Dish**

### **Brad and his** brood reeling in the fun in **Scotland**

GONE FISHIN'. Brad Pitt isn't letting long shooting days on World War Z keep him from enjoying being in Scotland.

The actor reportedly took his sons out for a bit of fishing recently on the grounds of their lavish rented estate, according to Us Weekly.

"Brad looked very proud of the boys, despite the fact that no one managed to catch anything," a source

says. "I don't think Brad particularly cared about getting a bite.

It was just nice to spend time with the boys after a long day at

METRO

### **Celebrity tweets**



ra, You are a travesty to all of the legitimate referees in boxing! You should be banned from the sport! Sincerely, Me'

@AlecBaldwin "I shall get a dog. And I shall name it..... Governor Rick Perry."

### "Doing whatever I want. whenever I want, is just 1 of the great things about being single & barren."

@1capplegate "If on a juice cleanse is it ok to have bread dipped in olive oil.since

oo is technically juice and bread is..oh crap I ruined my cleanse"

### Fresh prince of the west coast

Prince Harry is heading to will reportedly spend two months in California and Arizona training on Apache helicopters, according to the BBC. After becoming an Apache pilot, Harry could be sent back to Afghanistan



# Benicio baby has arrived

Mom, daughter of British singer-songwriter Rod Stewart, welcomes child sans del Toro

Kimberly Stewart gave birth to a baby girl Sunday in Los Angeles, according to Us Weekly.

While the baby's father, Oscar-winner Benicio del Toro, was not present at the hospital, her equally famous grandfather, British rocker Rod

Stewart was.

"Benicio is the father and very supportive," del Toro's rep said earlier this

"Although [he and Kimberly are not a couple, they are looking forward to the arrival of the baby."

Memeria Benicio del Toro

the U.S. The young royal next year. • metro



# Depardieu feeling humiliated: Friend

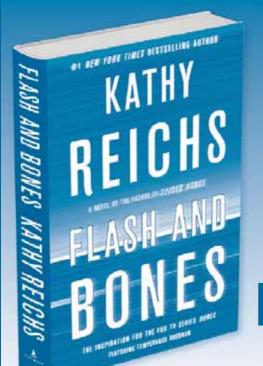


While Gerard Depardieu has been making headlines for urinating in the aisle of an airplane last week, the 62-year-old actor is feeling "humiliated," his friend Edouard Baer tells the BBC.

"Gerard was upset at this and offered to clean up the mess," Baer says. "He has prostate problems and it was very worrying and humiliating for him." Baer added that Depardieu was "stone-cold sober."

# A TURBOCHARGED THRILL

Dr. Temperance Brennan is back.



# NOW ON

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# Sheen, Mueller trying again?

Three months after their divorce was finalized, Charlie Sheen and Brooke Mueller are reportedly "thinking of getting back together," a source tells Us Weekly.

The pair were spotted over the weekend boarding a private jet together and smiling.

"She's totally gung-ho," the source says.

"He just wants his kids to be happy, and if that means they need to be a family, then he is up for



it. The kids have suffered a lot, and he feels so guilty lately."

### Radcliffe's main girl has a name

Daniel Radcliffe's mystery girlfriend has been identified as Rosanne Coker, a production assistant who worked on the last three Harry Potter films as well as Radcliffe's upcoming the Woman in Black, according to the Daily Mail.

"They would really pre-fer to keep things quiet," her father, Malcolm Coker, tells the newspaper.

"But they have been going out for just over a year now. I have met Daniel and he is a lovely guy." • METRO

# Making time for you

• Wellness expert says the best way to recharge is with some alone time • Unwind with you



Is life too busy? Do you feel overwhelmed? Overburdened? A little solitude may be just what the doctor ordered.

"Time alone is essential to our sanity," says Dr. Susan Biali, a Vancouverbased wellness expert, life coach and author of Live a Life You Love: 7 Steps to a Healthier, Happier More Passionate You.

You need solitude to rest, reflect, plan, dream, and breathe, explains Biali.

"If you don't get enough, you'll be cranky, stressed and even depressed."

For many people, especially introverts and creative people, constant stimulation is a form of physical and mental stress, and time alone helps to balance and defuse that stress. It can actually lower your blood pressure and deepen your breathing.

Mothers with young children and people caring for others get the least down time.

"Almost any mother I speak to says she is dying for more time alone but feels selfish or guilty in wanting it." Biali's advice? "Find the right balance for you and don't feel guilty about it. Being your healthiest, happiest and

### **Get alone time**

So you need more time alone. How do you get it?

- Declare social bankruptcy This is when your schedule and commitments are out of control and you feel like you might self-destruct. The next time someone asks for your time, you say, "I'm so sorry, but I've declared social bankruptcy until further notice."
- Exercise alone. People who are demanding of your time will accept your desire to exercise for a long and healthy life, even if they don't understand your need to be alone. Try blending the two together. Dr. Biali goes for a walk every single morning by herself, to clear her head and gain energy for the day. Or, escape to the exercise bike in the basement.

most well-adjusted self if the best gift you can give to others, as ultimately you'll be able to give to them more effectively."

Signs that you need an alone fix: You are irritable, you feel like snapping, you feel like screaming, you fantasize about time alone, you feel weepy, worn out and exhausted.

Check with your doctor to make sure you're not clinically depressed.

Chances are, you just need a break.



# You should try the minimum

Even 15 minutes of exercise a day can add years to life, study finds Don't use it to slack

Don't despair if you can't fit in the recommended 30 minutes of daily exercise. Growing evidence suggests that even half that much can help.

It's still no excuse to slack off. Regular exercise strengthens muscles, reduces the risk of some diseases and promotes mental well-being. The more exercise, the better. But not everyone has the time or willpower. So researchers set out to find the minimum amount of physical activity needed to reap health benefits. The findings by a study in Taiwan suggest just 15 minutes of moderate exercise a day can lead to a longer life. This "may convince many individuals that they are able to incorporate

physical activity into their busy lives," Dr. Anil Nigam of the University of Montreal said in an email.

Nigam had no role in the research but wrote an editorial on the study published last week.

Fitness guidelines recommend that adults get at least a half-hour of moderate workout most days.

THE ASSOCIATED PRESS









Research has already found that Canadians think they're skinnier and taller than they really are, but a new study suggests they're also off the mark when it comes to the height and weight of their kids. The Statistics Canada research suggests rates of childhood obesity in the country are inaccurate as they most often rely on data from parents. The study found that on average, parents underestimated their child's height by 3.3 centimetres and weight by 2.4 pounds. THE CANADIAN PRESS



emale smokers' bladder cancer risk now equals that of males: study

# Eclair de Lune's tempting eats

• The smell of buttery croissant wafts through this very unassuming bakery

### **LUNCH RUSH**

ANH CHU





Eclair Lune is full of surprises from its prices to its

For example, my companion and I were surprised to see a lunch combo for just which includes vour choice of a savoury pastry (turnovers, croissant,

quiches), dessert (mini

Eclair de Lune 1049 40th Ave N.W. 403-398-8803 Reservations: No Social lunch: Yes Quick solo lunch: Yes Price range: \$1.95 - \$4.25 Rating: 4 out of 5



fruit tarts. cookies. meringues) and drink (ginger ale, water, tea, coffee).

My combo included two turnovers; one filled with spinach and feta cheese and the other with mushroom and cream cheese. What they lacked in size was made up for in taste.

Dessert was a pitch-perfect mini lemon meringue

My friend tried the combo with a salmon and asparagus quiche which featured a thin, flaky crust with chunks of salmon and asparagus. Her dessert a mini tart with

whipped lemon filling.

Seating is limited as there are only two tiny tables at the bakery. The delicate pastries strike the balance between flakiness and richness. If one could be said to have a "pastry tooth," it would totally be satisfied here.

# **Doctored Ice**



time to whip up homemade ice cream? You can doctor the purchased variety.

### **Preparation:**

Open ice cream and microwave on high power for 30 seconds. It's best to work in 10-second intervals, checking ice cream between each. You are aiming for

just soft enough to mix with a spoon, but not melted.

Transfer softened ice cream to large bowl and add the ingredients of your choice. Mix well, then transfer to a litre-size container with a tight lid. Freeze until solid, 1 to 2 hours.

THE ASSOCIATED PRESS

### **Ingredients:**

• 500 ml (1 pint or 2 cups) vanilla or chocolate ice cream

### Add-In Suggestions

- · Dried cherries and broken chocolate-covered pretzels
- Crumbled chewy molasses cookies and apricot jam
- Crushed banana chips, mini marshmallows and mini chocolate chips
- · Cubed pound cake and chopped strawberries
- · Almond extract and chunks of marzipan

# The smoky flavours of the South

• With its smoke and sarsaparilla tastes, Grilled beef brisket is perfect suited for a casual get-together

### **Preparation:**

Slice off top of garlic heads, wrap them in foil and bake in a 180 C (350 F) oven until softened, about 50 minutes. Squeeze garlic cloves into large sealable freezer bag; stir in onion, root beer, Worcestershire sauce, vinegar, sugar, honey, mustard, pepper and salt.

Service Directory

And get cash now!!

- Pierce the beef brisketpot roast all over with fork; add to freezer bag and seal, squeezing out as much air as possible. Refrigerate for 24 hours. turning occasionally.
- Transfer the marinade into a saucepan and add 250 ml (1 cup) water. Boil the marinade for 3 minutes. Set aside.

### **Ingredients:**

- 2 heads garlic
- 1 large onion, sliced
- 1 can (355 ml) root beer
- 50 ml (1/4 cup) each Worcestershire sauce and red wine vinegar
- 50 ml (1/4 cup) each packed brown sugar and liq-
- 15 ml (1 tbsp) dry mustard
- 5 ml (1 tsp) pepper
- 2 ml (1/2 tsp) salt
- 1.8 kg (4 lb) beef brisket pot roast (thick double/point end/deckle section, not flat end/first
- For a 3-burner barbecue, place drip pan under grill in centre of barbecue; add 1 cm (1/2 inch) water to pan. Light remaining 2 burners and heat barbecue to low (110 C/225 F). Seal soaked hardwood chips in foil and poke with holes to let smoke escape; place under grill over a lit burner.



Place the roast, fat side up, on grill over drip pan. Maintaining constant temperature, close lid and cook, turning every 2 hours and basting with the

marinade, for a total of 5 hours.

Remove roast to cutting board; let stand. Meanwhile, boil remaining marinade until

thickened and onions are softened, about 20 minutes. Serve with thin slices of warm brisket.

THE CANADIAN PRESS/ BEEFINFO.ORG





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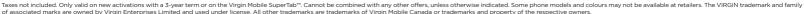












### A GIFT THAT MAKES YOU GIVE

# CHARLES THE BUTLER



ASKCHARLES THEBUTLER@ METRONEWS.CA

FOR MORE, VISIT
CHARLES
MACPHERSON COM

I received a gift certificate from a girlfriend for X-mas. It is for both of us (it was a twofor-one deal) at a spa. After reading the fine print I noticed that "we" are responsible for tax and tip. My question is this: should I have to pay for my half? I didn't expect to have to end up paying for a gift. Fifteen per cent tax and 15 per cent tip (at least) is going to end up being kinda spendy on the \$200 gift certificate. Am I wrong to expect her to pay for at least the tax and I can be left to decide what tip I would leave?



Dear Karen,

I fully agree with you that it would be correct for your friend to pay the taxes on the gift that she has given you. However, I suspect that this is going to end up your expense. I find it strange that the taxes were not collected at the time of

purchase, however it is what it is. Putting taxes aside, any gratuity would be your responsibility unless your friend advises you that she has taken care of this.

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@ METRONEWS CA



### Ideas for your next date

### 1 Night at the anti-theatre

Skip boring old playhouses and check out shows staged in an alley, cemetery or shed! Acting troupes across the country are eschewing typical theatres in favour of alternative venues that

literally immerse audiences in the action — think mafia play acted out in a dimly lit alley or family drama played out in a backyard shed. Locations vary depending on the troupe.

2 Get your skate on
Lace up for a night of
sporty fun. If a gang of
sassy, bad-ass girls
skating around in
bodysuits isn't enough

of a reason to take in a roller derby show, how about the bumps and checks that this sporting event guarantees — all the while on wheels! For leagues near you, visit derbyroster.com (featuring worldwide locations!).

GO TO 2FORCOUPLES.COM FOR MORE DATE NIGHT IDEAS

# Make daily routines more fun for kids

For most parents, morning and evening routines with kids are part of the daily battle. Whether it's convincing them to brush their teeth after meals, or wash their hands when they get home from school, most children are less than en-

thused about bathroom hygiene.

"A common complaint from parents is that their children aren't the most willing participants and get easily distracted," says child and family therapist Sara Dimerman. "Any time parents can come up with creative, fun ways to encourage children to engage in routines, the more success they will have."

Dimerman offers her tips to get kids more excited about daily bathroom routines.

### Spice things up

Get some big, bright, fluffy towels. If kids enjoy the look and feel of the materials they're working with, they may be more motivated to spend time in the bathroom.

### Throw in a cool gadget

Often a neat contraption will attract children. Delta's lavatory faucets with Touch20.xt technology will do just that. The flow of water is activated by simply touching anywhere on the faucet or by entering the faucet's sensing field.

"If there's something magical about the way that water comes out of a tap, or if kids can feel powerful and independent when turning the water on, there's a greater chance that they will willingly wash their hands or brush their teeth," says Dimer-







### Create a pictorial to do list

For younger children especially, a series of photographs or diagrams are visual reminders of what steps need to be taken to get the task done.

### Have items accessible and organized

Consider their size and needs. If children know where to find their personal drinking cups, toothbrushes and face cloths, they can just reach for them in the same spot. If they can also reach taps with the aid of a footstool, for example, as opposed to feeling they are too little to cope, they may be more inclined to work on their own

### Rub-a-dub-dub

Why not suggest your children have a shower instead of a bath? Showering can make them feel more grown up and independent. Updating your shower with a cool, high-tech handheld showerhead is also sure to get kids excited.

If a child can bring the showerhead down so that it is not looming so far overhead or even if he can direct the spray by holding the showerhead in his hand, he or she may be more motivated to wash regularly.

### Offer an incentive

If the morning or evening routine is completed in a timely fashion, there may be more time to watch television before leaving for school or reading an extra book before turning off the light at night.

NEWS CANADA

# SELECTED MEN'S SUITS ON SALE \$110 AND UP REG. PRICE \$279 AND UP SALE ENDS AUGUST 27, 2011 HIGH FASHION CLOTHING MEN - BIG MEN'S - WOMEN'S - KIDS - 403.453.0163 #36, 6130 1A St SW, Across Chinook Train Station - Beside Mac's Open Mon-Fri 10am-7pm, Sat 10am-6:30 pm

### **FUN AND FRUGAL**

LESLEY SCORGIE MONEY@METRONEWS CA



Feeling stressed about back-to-school shopping? You're

alone! According to a July 2011 survey conducted by VISA, Canadian households are frazzled by the crowds and are feeling gouged at the till.

The average family plans to spend \$400 dollars this year on back-to-school paraphernalia. Of that, almost 50 per cent will be allocated towards clothing.

Save money on back-to-school shopping by slicing your budget in half, starting early and getting creatively frugal. Take an inventory of what you already have; pens, paper, software, backpacks, etc. Don't buy new supplies just because Junior

wants them. Shop for neces sary supplies throughout the year when stores have sales. Many stores are suffering from low consumer spending and plan to blow out inventory at clearance prices this fall to stimulate sales volumes. Get there early before the quality supplies have been picked over.

Hit up thrift shops, garage sales, neighbour-hood clothing exchanges, and websites like eBay or Craigslist. See if you can pick up gently used supplies, computers, furniture, or clothing.

Costco or other wholesalers carry a variety of back-to-school inventory at affordable prices. If your kids have outgrown clothes or no longer need their textbooks, sell them on consignment or exchange with another family.

You don't need to spend hundreds of dollars on back-to-school shopping. School is a place of learning, not a fashion show.

# LESSONS IN CHEAP Is the fund love mutual?

### **ON MONEY**

ALISON GRIFFITHS MONEY@METRONEWS.CA



As the last 10 days, and indeed the last 10 years of the stock market have taught us, the financial you-

know-what hits the fan on a pretty regular basis.

Recently, many pundits have urged us not to sell our holdings (usually mutual funds) in a panic because good investments will survive the carnage.

This is essentially the buy and hold philosophy, which has been a staple bit of investment advice for decades.

The trouble is it works just fine for mutual fund companies and commission based advisors because they get paid through fees as long as you hang on to your

funds. But it doesn't work for most investors.

The reason is that during market meltdowns bad investments are hauled down further than good ones. They also take longer to recover and some never do.

How do you know you've got a stinker of a fund? Easy. Look it up. One of the best sites is morningstar.ca. Type in the name of your fund then click View Quicktake Reports.

Look down the quote page to the performance chart to see how well the fund has done over time compared to its category.

The chart will show a graph with three lines indicating how your fund fares relative to its category and also relative to the broader market.

For example, a broadbased Canadian equity fund would be compared against its category and also against the S&P/TSX Composite In-



You can also ask your advisor to pull up the same information for you on each of the funds you hold.

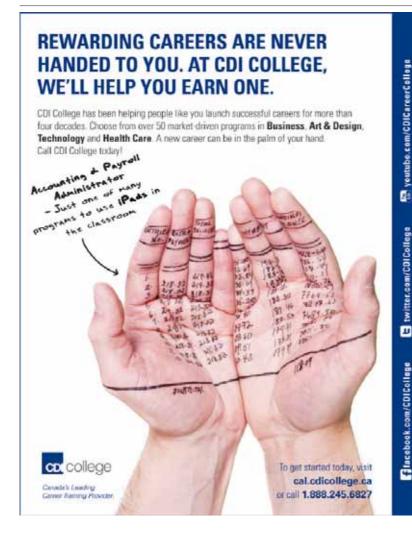
Note that most mutual funds will not perform as well as the index. Your goal is to have funds that outperform their category.

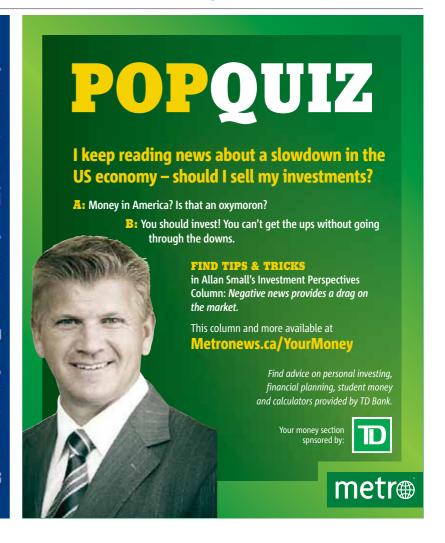
If any of your funds are sub-par you may want to sell and buy better ones in

the same category (check into deferred sales charges

You will likely still get sucked down by stock market meltdowns when they happen but a good fund will ride it out much better than its lower quality cousin. contact alison at

ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM





# sports

### Quoted



"(The) diagnosis had initially been like a shot to the head. The bone still hurts me. It remains under control. just, but we can never drop our guard."

TENNIS STAR RAFAEL NADAL IN HIS NEW AUTOBIOGRAPHY, RAFA. THE SPANISH PLAYER WRITES THAT DOCTORS DISCOVERED A RARE FOOT INTIRY IN 2005 THAT HAD THE POTENTIAL TO SIDELINE HIM FOR GOOD, PROMPTING THOUGHTS OF A FUTURE IN



# The West's new top dogs

### Stampeders emerge from bye week on top of their division

The Calgary Stampeders are suddenly in the driver's seat in the CFL's West Divi-

The Stamps owned the best record in the West at 5-2 after their bye week. Calgary has a chance to strengthen their position Saturday when they host the Montreal Alouettes at McMahon Stadium.

Division rivals Edmonton, B.C. and Saskatchewan are all off this week. The Eskimos and Roughriders look like teams in disarray.

While the Stampeders relaxed and healed injuries during their week off, the Esks lost their third in a row and the Roughriders sacked their head coach.

Edmonton's 36-1 thrashing at the hands of B.C., dropped them to 5-3 and allowed Calgary to claim first in the division. The Lions (2-6) are showing signs of life, but must dig themselves out of their early-season hole. The Riders fired Greg Marshall after losing to Toronto and dropping to

The Stampeders were aware of the drama happening elsewhere in their division, but kept it at arm's length as they prepared to face the defending Grey Cup champions Satur-

day.

"During the bye week, it was all oohs and aahs and surprising things (happening), but right now it's back to business," linebacker Juwan Simpson said yester-

day.
"You notice it, but you can't because there's still a lot of game to be played and still a lot of things that

### **Punter hurt**

**Punter Burke Dales** walked onto the field 50 minutes after practice started and wearing a knee brace on his nonkicking leg.

- He'd ended his bye week with a few days at teammate Justin Phillips's cottage near Dales's hometown of Brockville, Ont. While Dales was climbing down a ladder from his bed in a loft Saturday, a rung on the ladder broke.
- Dales says he twisted his knee, but is wearing the brace only as a precaution. "I'll be punting tomorrow,"

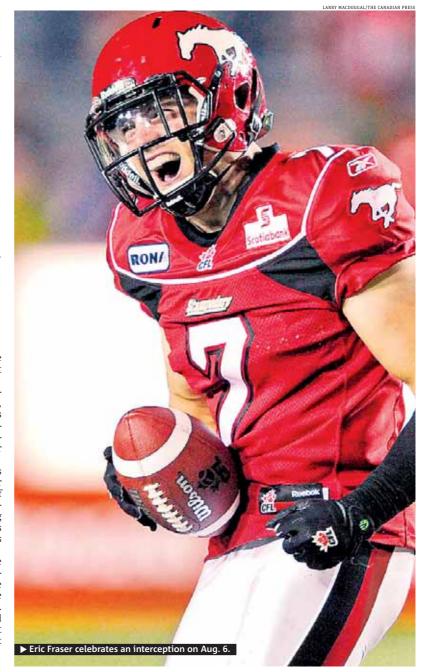
can happen. We really have to focus on Montreal right now.

The Stampeders, winners of three in a row, scored more than 40 points for the first time this season Aug. 12 in Regina before commencing their eight-day break.

Calgary's offence is about a touchdown per game behind the pace of last season when the Stampeders went 13-5. Running back Nik Lewis denies that's a sign the offence is less potent.

"Even last year when we went 9-1, it felt like the defence won four of those five early games that we won," he pointed out. 'We've got to come out and keep pressing. We've got the firepower. We've just got to put it out there.' THE CANADIAN PRESS





### Raiders roll dice on Pryor

The Oakland Raiders used a third-round pick yesterday in the NFL's supplemental draft to select former Ohio State quarterback Terrelle Prvor.

The Raiders and the league announced that Oakland used the 18th selection of the round for Pry-

Pryor will not be eligible to practice with or play for Oakland during the regular season until the team's sixth game. When he was allowed to enter vesterday's draft, he was handed a fivegame suspension by commissioner Roger Goodell. Pryor gave up his final season with the Buckeyes after an investigation into the memorabilia-forteam's cash scandal.

THE ASSOCIATED PRESS

**Sports in brief** 

### **Cubs put** shortstop on bench

BASEBALL, Cubs shortstop Starlin Castro was held out of the starting lineup against Atlanta last night, one night after television cameras caught him not

paying attention in the field as a pitch was thrown.

THE ASSOCIATED PRESS

### Silver medal for Canada

BASKETBALL. The Canadian men's basketball team are heading home with silver from the World Universiade, after losing to Serbia 68-55 in yesterday's final. THE CANADIAN PRESS

### MAJOR LEAGUE BASEBALL

AMERICAN I	EAG	UE	:	
EAST DIVISION				
	W	L	Pct	GB
New York	77	48	.616	_
Boston	77	50	.606	1
Tampa Bay	69	57	.548	81/2
Toronto			.512	
Baltimore	48	77	.384	29
CENTRAL DIVISION	N			
	W	L	Pct	GB
Detroit	69	58	.543	_
Chicago	63	63	.500	51/2
Cleveland	62	62	.500	51/2
Minnesota	55	72	.433	14
Kansas City	52	76	.406	171/2
WEST DIVISION				
	W	L	Pct	GB
Texas	74	55	.574	_
Los Angeles	69	59	.539	41/2
Oakland	57	70	.449	16
Seattle	54	72	.429	181/2
Last night's results				
Seattle 3, Cleveland 2				

Detroit 5, Tampa Bay 2 Texas 4, Boston 0 Raltimore 4. Minnesota 1

Sunday's results

Detroit 8, Cleveland 7 Tampa Bay 8, Seattle 7

Roston 6, Kansas City 1 N.Y. Yankees 3, Minnesota 0

Chicago White Sox 10, Texas 0 L.A. Angels 7, Baltimore 1

Toronto 1. Oakland 0

Seattle (Beavan 3-4) at Cleveland (Masterson 10-7), 1:05 n m . 1st game Oakland (McCarthy 6-6) at N.Y. Yankees

(Colon 8-7), 7:05 p.m.

Seattle (Vasquez 0-0) at Cleveland (McAllister 0-0), 7:05 p.m., 2nd game

Kansas City (Chen 8-5) at Toronto (Morrow 9-

Detroit (Penny 8-9) at Tampa Bay (Price 11-10), 7:10 p.m.

Boston (Lackey 11-9) at Texas (C.Lewis 11-8), 8:05 p.m.

Baltimore (Simon 3-6) at Minnesota (Duensing 8-12), 8:10 p.m.

Chicago White Sox (Buehrle 10-6) at L.A. Angels (E.Santana 9-9), 10:05 p.m.

### Tomorrow's games Seattle at Cleveland, 12:05 p.m.

Boston at Texas, 7:05 p.m. Oakland at N.Y. Yankees, 7:05 p.m. Kansas City at Toronto, 7:07 p.m. Detroit at Tampa Bay, 7:10 p.m. Baltimore at Minnesota, 8:10 p.m. Chicago White Sox at L.A. Angels, 10:05 p.m.

### NATIONAL LEAGUE

NATIONALI	.EAG	JĖ		
EAST DIVISION				
Philadelphia Atlanta Washington New York Florida	77 62 60	52 64 67	Pct .651 .597 .492 .472 .449	61/ 20 221/
CENTRAL DIVISIO	N			
Milwaukee St. Louis Cincinnati Pittsburgh Chicago Houston	67 62 60 56	53 61 65 67 72	Pct .592 .523 .488 .472 .438 .331	13 <sup>1</sup> / 15 <sup>1</sup> / 2
WEST DIVISION				
Arizona San Francisco Colorado San Diego Los Angeles	68 60	60 68 70	.539 .531 .469 .457	
1 t - ! - b t/ lb -				

### Last night's results

Milwaukee 8, Pittsburgh 1, 1st game Washington 4. Arizona 1 Philadelphia 10, N.Y. Mets 0 Atlanta 3, Chicago Cubs 0 L.A. Dodgers 2, St. Louis 1 Pittsburgh 9, Milwaukee 2, 2nd game Houston at Colorado

### Sunday's results

Milwaukee 6, N.Y. Mets 2 Atlanta 1, Arizona 0 Cincinnati 5, Pittsburgh 4 Washington 5, Philadelphia 4, 10 innings San Francisco 6, Houston 4, 11 innings Colorado 5, L.A. Dodgers 3 San Diego 4, Florida 3

### St. Louis 6, Chicago Cubs 2 Tonight's games

Arizona (I.Kennedy 15-4) at Washington (Zimmermann 8-10), 7:05 p.m.

Milwaukee (Estrada 3-8) at Pittsburgh (Ohlendorf 0-0), 7:05 p.m.

N.Y. Mets (Niese 11-10) at Philadelphia (Worley 8-1), 7:05 p.m.

Cincinnati (Cueto 9-5) at Florida (Nolasco 9-9),

Atlanta (Minor 3-2) at Chicago Cubs (C.Coleman 2-5), 8:05 p.m.

L.A. Dodgers (Kershaw 15-5) at St. Louis (Lohse 11-7), 8:15 p.m. Houston (Norris 6-8) at Colorado (White 0-0), 8:40 p.m.

San Diego (Latos 6-12) at San Francisco (Cain 10-9), 10:15 p.m.

### Tomorrow's games

Milwaukee at Pittsburgh, 12:35 p.m. N.Y. Mets at Philadelphia, 1:05 p.m. L.A. Dodgers at St. Louis, 2:15 p.m. Houston at Colorado, 3:10 p.m. Arizona at Washington, 7:05 p.m. Cincinnati at Florida, 7:10 p.m. Atlanta at Chicago Cubs, 8:05 p.m. San Diego at San Francisco, 10:15 p.m.

### **SUNDAY**

### BLUE IAYS 1. ATHI FTICS O

DLUE JA	112	)	, 1	٩I	LLE!	1103	U			
Toronto	ab	r	h	bi	0akla	and	ab	r	h	b
A.Hill 2b	4	0	1	0	JWee	ks 2b	4	0	1	(
EThms If	4	0	0	0	Crisp	cf	4	0	0	(
Bautist rf	3	1	2	1	Mats	ui dh	4	0	0	(
Encrnc 1b	4	0	0	0	Wing	h If	3	0	0	(
Rasms cf	3	0	0	0	Allen	1b	2	0	0	(
Lawrie 3b	3	0	0	0	CJcks	in rf	3	0	0	(
Teahen dh	3	0	0	0	Pnng	tn ss	2	0	0	(
Arencii c	3	0	1	0	KSuz	uk c	3	0	0	(
JMcDnl ss	3	0	0	0	SSizr	nr 3b	1	0	0	(
Sweeny ph	1	0	0	0						
Sogard 3b	0	0	0	0						
Totals	30	1	4	1	Total	S	27	0	1	(
Toronto					000	000	100	1	L	
Oakland					000	000	000	(	)	
DP—Toron	o 1.	L(	ЭB	-1	Toronto	3, 0	akland	3.		
2B-Arenc	bia	(1	4)	. 3E	3—Bau	tista	(2). H	R-	-	
Toronto A.Hill 2b EThms If Bautist rf Encric 1b Rasms cf Lawrie 2b Teahen dh Arencii c JMcDnl ss Sweeny ph Sogard 3b Totals Toronto Oakland DP—Toroni Bautista (3	6).	CS	,—	A.F						

### IP H R ER BB SO Toronto L.Perez W,3-2 1 Janssen S,2-3 3 0 0 0 Moscoso L,6-7 De Los Santos

Umpires-Home, Todd Tichenor; First, Mike Estabrook: Second, Greg Gibson: Third, Gerry

T-2:30. A-16,811 (35,067).

### **BLUE JAYS STATISTICS**

BATTERS	AB	R	Н	HR	RBI	AVG	
Lawrie	55	8	18	3	10	.327	
Bautista	396	91	126	36	80	.318	
Molina	129		39	2	11	.302	
Escobar	450		129		41	.287	
Encarnacion	369		103			.279	
Thames	228		61	8	27	.268	
Lind	396	49	104	22		.263	
McDonald	168	19		2	20	.250	
Davis	320					.238	
Hill	396	38			45	.225	
Rasmus	85	11	19	3		.224	
McCoy	81	11	18	1	5	.222	
Arencibia	347	38	74	19		.213	
Teahen	133	12				.188	
PITCHERS	W	L	SV			ERA	
McCoy	0	0	0	1.0	0	0.00	
Janssen	4	0		41.0		2.20	
Romero	12	9				2.73	
Perez	3			49.2		3.26	
Francisco	1	4				4.06	
Litsch	4	3		59.2		4.22	
Cecil	4	6		91.1		4.24	
Villanueva	6	3		97.2		4.24	
Alvarez	0	1		16.2	10		
Morrow	9	7				4.41	
Rauch	5	4		50.1		4.47	
Camp	1	2		53.1			
Ledezma	0	0	0				
Lewis	0	0	0	0.1	0 2	27.00	

### LACROSSE

### MINTO CUP CANADIAN JUNIOR CHAMPIONSHIP At Okotoks, Alta.

Sunday's results Coquitlam 14 Whitby 8 Okotoks 9 Edmonton 6 **Tonight's games** Whitby vs. Edmonton, 7 p.m.

Okotoks vs. Coguitlam, 10 p.m.

### SOCCER

### MLS

	GP	W	L	Т	GF	GΑ	-
Columbus	25	11	7	7	29	24	4
Kansas City	25	9	7	9	36	31	3
Houston	26	8	7	11	34	32	3
Philadelphia	24	8	6	10	30	24	3
New York	26	6	6	14	41	37	3
D.C. United	24	7	7	10	34	35	3
Chicago	25	3	7	15	28	33	2
New England	26	4	11	11	26	39	2
Toronto	27	4	12	11	25	48	2

### WESTERN CONFERENCE

**EASTERN CONFERENCE** 

WEST FINIT CONTI FIVE INC.										
	GP	W	L	Т	GF	GΑ	Pt			
Los Angeles	26	14	3	9	37	20	51			
Seattle	26	12	5	9	36	27	45			
Dallas	26	12	7	7	33	27	43			
Colorado	27	10	6	11	39	34	41			
Real Salt Lake	23	10	7	6	32	20	36			
Chivas USA	25	7	8	10	32	28	31			
Portland	25	8	12	5	32	41	29			
San Jose	25	5	10	10	26	34	25			
Vancouver	25	3	13	9	26	42	18			
Note: Three points	s for	a v	/in,	one	for a	tie.				

Sunday Results Chicago 2 Toronto 0 Kansas City 1 D.C. United 0

Saturday Results Portland 2 Vancouver 1 Chivas USA 2 Colorado 2 Columbus 2 Philadelphia 1 Houston 3 Real Salt Lake 2 Los Angeles 2 San Jose 0 New England 2 New York 2

Seattle 1 Dallas 0 Tomorrow's game Chivas USA at Portland, 11 p.m. Saturday, Aug. 27 Columbus at Seattle, 4 p.m.

San Jose at Toronto, 7 p.m. Houston at Vancouver, 7 p.m. Portland at D.C. United, 7:30 p.m. Colorado at Chicago, 8:30 p.m. Dallas at Kansas City, 8:30 p.m. Real Salt Lake at Chivas USA, 10:30 p.m.

Sunday, Aug. 28 Los Angeles at New York, 7 p.m. New England at Philadelphia, 7 p.m.

### **ENGLAND**

### PREMIER LEAGUE

Team	GP	W	D	L	GF	GΑ	Pts
Man City	2	2	0	0	7	2	6
Man United	2	2	0	0	5	1	6
Wolverhampton	2	2	0	0	4	1	6
Aston Villa	2	1	1	0	3	1	4
Liverpool	2	1	1	0	3	1	4
Chelsea	2	1	1	0	2	1	4
Newcastle	2	1	1	0	1	0	4
Bolton	2	1	0	1	6	3	3
QPR	2	1	0	1	1	4	3
Norwich	2	0	2	0	2	2	2
Stoke	2	0	2	0	1	1	2
Wigan	2	0	2	0	1	1	2
Sunderland	2	0	1	1	1	2	1
Arsenal	2	0	1	1	0	2	1
Fulham	2	0	1	1	0	2	1
Swansea	2	0	1	1	0	4	1
Everton	1	0	0	1	0	1	0
Tottenham	1	0	0	1	0	3	0
West Brom	2	0	0	2	2	4	0
Blackburn	2	0	0	2	2	5	0
Voctorday's result							

Yesterday's result Tottenham () Manchester United 3 Norwich 1 Stoke 1

### Wolverhampton 2 Fulham 0

### Bolton 2 Manchester City 3 Saturday Results Sunderland 0 Newcastle United 1 Arsenal 0 Liverpool 2

Aston Villa 3 Blackburn 1 Everton 0 Queens Park Rangers 1 Swansea City 0 Wigan 0 Chelsea 2 West Bromwich Albion 1

### **TENNIS**

### ATP WORLD TOUR WINSTON-SALEM OPEN At WINSTON-SALEM, N.C.

Singles First Round Kei Nishikori, Japan, def. Gilles Muller, Lux-embourg, 1-6, 6-4, 7-6 (5). Carlos Berlocq, Argentina, def. Andreas Haider-Maurer, Austria, 7-5, 4-1, retired. Steve Darcis, Belgium, def. Frederico Gil, Por-tugal, 3-6, 6-3, 6-4.

Dudi Sela, Israel, def. Filippo Volandri, Italy, 6-

Julien Benneteau, France, def. Ricardo Mello, Brazil, 6-1, 6-3. Michael Russell, U.S., def. Adrain Mannarino,

France, 6-4, 6-7 (3), 6-2, Denis Istomin, Uzbekistan, def. Matthias Bachinger, Germany, 7-6 (1), 6-1. Second Round

Marcos Baghdatis (8), Cyprus, def. Ryan Sweeting, U.S., 7-5, 6-1. Igor Andreev, Russia, def. Jurgen Melzer (2), Austria, 7-5, 6-3.

### WTA NEW HAVEN OPEN At NEW HAVEN, Conn.

Marion Bartoli (4), France, def. Anastasia Rodionova, Australia, 6-1, 6-4.
Carla Suarez Navarro, Spain, def. Iveta Benesova, Czech Republic, 6-3, 6-2.
Petra Cetkovska, Czech Republic, def. Ayumi Morita, Japan, 6-2, 6-2.
Anabel Medina Garrigues, Spain, def. Ksenia Pervak, Russia, 6-2, 7-6 (4).
Rodina Garrigues, Spain, def. Ksenia Pervak, Russia, 6-2, 7-6 (4).
Anastasia Pavlyuchenkova (8), Russia, def. Vera Dushevina, Russia, 3-6, 6-4, 6-3.
Agnieszka Radwanska (5), Poland, def. Ekaterina Makarova, Russia, 6-1, 6-2.
Polona Hercog, Slovenia, def. Nadia Petrova, Russia, 7-5, 7-5.
Doubles
First Round Marion Bartoli (4), France, def. Anastasia Ro-

First Round Hsieh Su-wei, Taiwan, and Monica Niculescu, Romania, def. Brittany Augustine and Whit-ney Jones, U.S., 6-2, 7-6 (3). Iveta Benesova, Czech Republic, and Alexan-dra Dulgheru, Romania, def. Asia Muhammed

and Alison Riske, U.S., 6-3, 6-3.

### BASEBALL

### LITTLE LEAGUE WORLD SERIES At South Williamsport, Pa. Yesterday's results

Langley, B.C. 5 Kaohsiung, Taiwan 3 Warner Robins, Ga. 8 LaGrange, Ky. 5 (9 in-

nings) Hamamatsu City, Japan 13 Dhahran, Saudi Arabia 4

Lafayette, La. vs. Clinton County, Pa. Oranjestad, Aruba 5 Rapid City, S.D. 0

### GOLF

### WORLD RANKINGS

### THROUGH AUG. 21 10.17 1. Luke Donald 2. Lee Westwood Eng USA 8.30 3. Steve Stricker 6.93 4 Martin Kayme Ger 6.86 5. Rory McIlroy 6. Phil Mickelso 7. Adam Scott 5.86 5.86 8. Jason Day Aus 5.56 9. Dustin Johnson USA 5.47 9. Dustin Johnson 10. Nick Watney 11. Charl Schwartzel 12. Matt Kuchar 13. Graeme McDowell 14. K.J. Choi 5.47 5.33 5.21 5.16 4.85 4.75 15. Bubba Watson USA 4.69 16. David Toms USA 4.17 17 Ian Poulter 18. Paul Casey 19. Robert Karlsson 20. Kim Kyung-Tae 4.11 4.09 3.99 3.83

### CFL

### **WEEK NINE**

### EAST DIVISION

	GP	W	L	Т	PF PA	P
Winnipeg	7	6	1	0	182 130	1
Montreal	7	5	2	0	222 156	1
Hamilton	7	4	3	0	189 176	
Toronto	8	2	6	0	184 233	
	Montreal Hamilton	Winnipeg 7 Montreal 7 Hamilton 7	Winnipeg 7 6 Montreal 7 5 Hamilton 7 4	Winnipeg       7       6       1         Montreal       7       5       2         Hamilton       7       4       3	Winnipeg 7 6 1 0 Montreal 7 5 2 0 Hamilton 7 4 3 0	Montreal 7 5 2 0 222 156 Hamilton 7 4 3 0 189 176

	GP	W	L	Т	PF PA	Pt
Calgary	7	5	2	0	194 172	10
Edmonton	8	5	3	0	174 190	10
B.C.	8	2	6	0	203 203	4
Saskatchewan	8	1	7	0	165 253	2
WEEK NINE						

Byes: B.C., Edmonton, Saskatchewan, Toronto

Friday's game Hamilton at Winningg, 8 n m.

Saturday's game Montreal at Calgary, 4 p.m.

### NFL

### **PRE-SEASON**

Last night's result N.Y. Giants 41, Chicago 13 WEEK THREE

Thursday's games Carolina at Cincinnati, 7 p.m.

Cleveland at Philadelphia, 7:30 p.m. Washington at Baltimore, 8 p.m. Friday's games

St. Louis at Kansas City, 8 p.m. Green Bay at Indianapolis, 8 p.m. Saturday's games Jacksonville at Buffalo, 7 p.m.

N.Y. Jets at N.Y. Giants, 7 p.m. Miami at Tampa Bay, 7:30 p.m. Atlanta at Pittsburgh, 7:30 n m Houston at San Francisco, 8 p.m. Dallas at Minnesota, 8 p.m. Chicago at Tennessee, 8 p.m. New England at Detroit, 8 p.m. Seattle at Denver, 9 p.m. San Diego at Arizona, 10 p.m. Sunday, Aug. 28 New Orleans at Oakland, 8 p.m.

Go to your happy place, or use this to create one. IKEA the new catalogue © Inter IKEA Systems B.V. 201

12

### Crossword

### Across

- 1 Difficult
- 5 Burst 8 Crooned
- 12 Old map abbr.
- 13 Exist
- 14 Akron's state
- 15 Wash
- 16 Wearables
- 18 Wearables
- 20 Deep canyon
- 21 Kids' pie filling?
- 22 Letter between ex
- and zee
- 23 Rush
- 26 Wearable 30 Wapiti
- 31 Arctic diving bird
- 32 Vast expanse
- 33 Wearables 36 Occurrence
- 38 Sailors' org.
- 39 Sheepish remark 40 "Ivanhoe" author
- 43 Wearable
- 47 Wearables
- 49 Entreaty
- 50 Anise-flavored Greek liqueur
- 51 Playground game
- 52 Black, in poetry
- 53 Adolescent
- 54 Pigpen
- 55 Unpleasantly moist

### Down

- 1 Storytelling dance 2 Without delay, on a
- 3 Invitation initialism 4 Saw things in the
- 5 Manhandled
- night?
- memo

15 16 17 18 19 20 22 23 24 26 27 128 30 32 33 34 135 36 37 42 45 46 40 41 43 47 48 49 50 51 52

13

6 Exam format

- 7 Apiece 8 Fruity dessert
- 9 Captain's call 10 See 23-Down

53

- 11 Leaves
- 17 Week components
- 19 Wish otherwise 22 Stir-fry pan
- 23 With 10-Down, important woman
- 24 carte
- 27 Work with
- 26 Slice 28 Fellows
- 25 Enjoy Aspen
- 29 Dine 31 Raggedy one?
- 34 Sheep meat 35 Bk. before Job

54

- 36 Listener
- 37 Improvised
- 39 Loose, as pants 40 Edinburah resi-
- dent
- 41 Hint 42 Leak slowly
- 43 Summertime pest
- 44 Exile isle 45 Night light
- 46 Propane holder 48 "- Impossible"

### ► Yesterday's answer

55

'	T	IC.	ΙΗ.		S	Α	G		В	0	M	Α
S	Н	0	0		Α	D	Α		Е	D	Α	М
N	0	N	0		М	0	Ν	0	Р	0	L	Υ
Т	U	N	D	R	Α		G	Ν	0	М	Е	S
			0	U	R	S		Α	Т	Е		
М	0	N	0	L	Τ	Т	Н		S	Τ	-	R
Р	R	0		Е	U	R	0	S		Ε	R	Α
G	Ε	N	Т		М	0	Ν	0	G	R	Α	М
		S	0	W		Ρ	0	L	0			
_	С	Ε	В	Α	G		R	0	L	L	0	N
М	0	N	0	Х	Τ	D	Е		D	1	D	0
Α	L	S	0		R	U	Е		Е	R	0	S
М	F	F	T		ī	0	S		Z	Α	R	Υ

### Sudoku

10 11

14

	3			9		6		
				4			8	7
				5	7	1		3
1	2				3		4	
				2				
	6		7				5	2
6		9	5	3				
8	5			7				
		3		1			6	

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

M.T.C - Hey my love, remind-
ing U that your my
everything, my world nd my
heart!! I can't wait for my
knight nd shining armor to
arrive at my front door, so
we can continue our journey
together:> Luv u with all
my heart nd soul babynd if
your a good boy you will be
rewarded greatly when u
come home!!!!
T.I.N.A.
Jiffy - I love you so much

online at

You can now post your kiss, and read even more kisses,

remind-

metronews.ca/kiss.

nuch sweetheart, you mean everything to me, I wouldn't be myself without you :) I wanna thank you for loving me back just as much as I love you. Remember your my jelly to my peanut butter and jelly sandwich:) I love you baby! SMIICKERS

MAN - Forget not about me. Please always remember. Even though you have a girlfriend, I will be your best friend, until our happily ever after. woman

**61** 

### A look at the weather

TODAY

Min 15° Max 24° **TOMORROW** Min 10°

Max 28°

**THURSDAY** Min 9° Max 23°

4 1 5

5 8 1

2, 3 4,

6 9 2

9 2 6 1 3 5 7 8 4

8 7 3 4 9 2 1 6 5

3 4 7

7 6 9 2 5 1 3 4

3 5 2 9 1 4 8 7 6

1 9 7 5 8 6 4 2 3

6 4 8 7 2 3 9 5 1

6 7 8 2 3 9

8 6 9 5 1 7



### Today's horoscope

T Aries March 21-April 20 If certain people disapprove of what you are doing that's a sure sign you are doing the right thing.

Taurus April 21-May 21 No

matter how reserved you may be most of the time you will go right the other way over the next 24 hours, and with good reason.

II Gemini May 22-June 21 Move with the times, even if it means making sacrifices that might not come easy.

Gancer June 22-July 22 You

have grown tired of doing the

same old things in the same old ways, so by all means shake things up a bit. € Leo July 23-Aug.23 Do some-

thing random and irregular today, something that reminds friends and work colleagues alike that they should never take you for granted. M Virgo Aug. 24- Sept. 22 Do

you know what it is you are aiming for? All you have to do now is go on and get it. ← Libra Sept. 23-Oct. 23 Life al-

ways balances itself out in the end

metr⊕

so why worry? M Scorpio Oct. 24-Nov. 22 For today's crossword answers and for expanded horoscopes, go to metronews.ca Change is not something to be feared but welcomed

₹ Sagittarius Nov. 23-Dec.

21 Anyone who expects you to give up on something just because they have placed obstacles in your path doesn't know you too well.

り Capricorn Dec. 22-Jan. 20 Certain people need to be reminded just how special you are.

Aquarius Jan. 21-Feb. 18 A new money-making opportunity will help wipe out your debts.

H Pisces Feb. 19-March 20. Always ask for help, and you'll al-

ways get it. **SALLY BROMPTON** 



### Andrew Schultz, Meteorologist

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". WEEKDAYS 6AM



Write a funny caption for the image above and send it to plav@metronews.ca the winning caption will be published in tomorrow's Metro.



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